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Metal Blast™ is a leader in energy-maximizing sport formulas. Metal Blast™ is a high intensity fuel, powering explosive speed, incredible strength and size, and long-lasting endurance - all while maintaining lean mass. Metal Blast™ has what you need for your body to blast into a physique that's as hard as steel. In a great tasting chocolate flavor. Benefits of Metal Blast include: mass & strength increases, **protein** synthesis, enhanced endurance w/ definition, energy boost, vitamins & minerals, enhanced performance, and quality weight gain.

Serving Size: 6 Scoops (142g) Servings Per Container 10 Calories 474
 Calories from **Fat** 22.5 % DV Total **Fat** 2.5 g 4% Saturated **Fat** 0 g 0%
 Cholesterol 0 g 0% Sodium 185 mg 9 % Total Carbohydrate 27 g 23%
 Dietary **Fiber** 1 g 4% Sugars 42 g **Protein** 44 g Vitamin A 100% Folic
Acid 100% Vitamin D 50% Biotin 50% Vitamin C 100% Calcium 50%
 Vitamin E 100% Phosphorus 50% Thiamine 100% Magnesium 50%
 Riboflavin 100% Selenium 20 mcg ** Pyridoxine 100% Potassium 50
 mg ** Vitamin B12 100% Chromium 50 mcg ** Pantothenic **Acid** 100%
 Iron 25% Iodine 50% Zinc 50% Niacin 100% * Percentage Daily Values
 are based on a 2,000 Calorie Diet. Your daily values may be higher or
 lower depending on your calorie needs

AMINO ACIDS L-Arginine* 3002 mg L-Isoleucine (branched chain)*
 2270 mg L-Leucine (branched chain)* 3684 mg L-Valine (branched
 chain)* 2105 mg L-Lysine* 2791 mg L-Phenylalanine* 2440 mg
 L-Threonine* 1824 mg L-Methionine* 1047 mg L-Histidine* 1087 mg

L-Serine 2611 mg L-Aspartic **Acid** 4857 mg L-Alanine 2253 mg
 L-Tyrosine 1710 mg L-Proline 2016 mg L-Glycine 1715 mg L-Glutamic
Acid 7302 mg * The Essential Amino Acids

ADDITIONAL NUTRIENTS %DV Choline Complex 50 mg Inositol 350
 mg Boron 1.5 mg

PERFORMANCE BLASTERS Medium Chain Triglycerides (C8 & C10)
 5000 mg ** L-**Carnitine** Complex 100 mg ** Inosine (Hypoxanthine
 Riboside) 123 mg ** a-**Lipoic Acid** 50 mcg ** Papain 18 mg **
 Bromelain 12 mg ** Octacosanol (from Wheat Germ) 127 mcg **
 CoQ10 (**Coenzyme** Q10) 5 mg ** Pantetheine (**Coenzyme** A) 5 mg **
 Dibenzozide (**Coenzyme** B12) 2500 mcg ** Gamma Oryzanol (Plant
 Sterol) 120 mg ** Ferulic **Acid** (FRAC) 120 mg ** Beta-Sitosterol 858
 mcg ** Fucosterol 1161 mcg ** Campesterol 512 mg ** Stigmasterol
 292 mcg ** Eicosapentanoic **Acid** 38 mg ** Docosahexaenoic **Acid** 25
 mg ** Smilax Officialis 148 mg ** **%Daily Value not established

Ingredients: **Carbo** Plus™ (Universal's unique aggregation of Medium
 Chain Complex Carbohydrates and Pure Crystalline Fructose), Super
 Pro™ (Superior Isolated Soy **Protein**), Egg Pro 100™ (Pure Egg White
 Albumin), Vitamin and Mineral Mlx (including electrolytes, Krebs Cycle
 Complexes and Lipotropics), Medium Chain Triglycerides (C8 with a
 portion of C10), Smilax Officialis Extract 6x, Inosine (HXR Hypoxanthine
 Riboside), Gamma Oryzanol, Ferulic **Acid**, L-Carnitine Complex, Marine
 Lipid Concentrate, Papain, Bromelain, **Coenzyme** Q-10, Pantethiene,
 Dibenzozide, Boron Complex, Plant Sterol Complex including
 Fucosterol, Beta-Sitosterol, Campesterol and Stigmasterol, Chromium
 Picolinate, Octacosanol, a-**Lipoic Acid**, Natural Chocolate Flavor.
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HealthNut Warehouse

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